

commercial tool

This blog is interested in publishing articles on digital products and digital services as well as health, fitness and beauty products as well as the requirements of the child and the family in our modern world. e-commercialtool@att.net

What is the truth about natural bee honey for health and fitness?



In this article, we will learn about one of the most important types of natural bees, and we will learn about its benefits and medical uses in diapers, on health, fitness and skin care. In the beginning, what is the nature of raw honey? Raw honey means that the temperature of which has not

exceeded that of pasteurization. The cell temperature is approximately 95 F, which allows the honey to maintain its normal temperature and nutritional properties. Honey retains its active and vital enzymes. It is carried by pasteurization or processing of honey classified as raw honey. For the consistency of honey, a type extracted from grains of the consistency of honey and beeswax so you may find bee crumbs in it. This makes you upset with it, but that it contains more benefits than those found in the cell. Just be careful when you buy packages that say "natural" or "pure" from Australia, it does not mean that it is even delayed sometimes, but rest assured, dear reader, in this article we will talk about the most important and most expensive natural honey on the surface of the globe, it is the famous New Zealand [Manuka honey](#) .

Manuka honey ingredients

Manuka honey is like other types of honey, as it contains simple sugars that provide the body with a large amount of energy, in addition to many other elements that are present in lower proportions, such as some amino acids that make up proteins and some proteins. minerals necessary for the body. (MGO) is one of the most important elements that distinguish manuka honey from other traditional types, as its concentration is remarkably high in this type and is considered the main responsible for the ability of manuka honey to combat many different types of bacteria.



Is manuka honey safe to use? Manuka honey offers effective solutions to many common health problems, causing the fewest possible side effects. Its side effects do not exceed some allergies that a few people may suffer from, in addition to some problems of high blood sugar that it may cause to diabetics and some other problems. It may occur if it is used by people undergoing chemotherapy. Therefore, [Manuka honey](#) is considered to be largely safe for use by many people, with the exception of some of the previously mentioned health conditions that require consulting a doctor, and this is a key feature that makes it preferred over many chemical treatments that are produced in laboratories.

Why is Manuka flower honey the best?

There are many different types of natural honey, but if you are looking for the best quality honey, you will not find it better than Manuka flower honey. Manuka honey is a type of honey produced exclusively in New Zealand and derives its name from the bees that produce it feeding on a particular flower called the Manuka flower. All types of honey contain hydrogen peroxide, which gives it antibiotic properties.

However, manuka honey has the advantage of containing this substance in addition to other substances such as methylglyoxal, which is found in large quantities in the manuka flower. This makes Manuka honey exceptional compared to other kinds of honey and answers why it is the best honey.



What are the benefits of Manuka flower honey?

Manuka honey is a type of honey found in a specific spot on the planet, specifically in the country of New Zealand, which has rare medicinal plants and herbs. Bees pollinate the flower *Leptospermum scoparium*, widely known as the manuka bush, and create it: 1- Manuka honey is distinguished from other natural kinds of honey by its antibacterial properties. Its active ingredient, methylglyoxal, is believed to be responsible for its antibacterial properties. In fact, it has long been used to treat wounds, soothe sore throats, prevent tooth decay, and improve digestive problems. 2- Manuka honey is considered one of the most recommended [types of honey](#) by

many doctors and nutrition experts in the world, as the benefits of manuka honey for women and men are numerous. This is because the therapeutic and preventive benefits of Manuka honey greatly outweigh most other types of honey and perhaps also some drugs intended to treat some health problems, which are produced with huge budgets and using many chemical compounds that may harm other parts of [the body](#). 3- Honey is one of the home remedies used by many people around the world to overcome cough problems due to its ability to moisturize the throat area and cleanse it of cough-causing bacteria, and recently it has been proven that [Manuka honey](#) is superior to other types in this aspect. 4- Manuka honey is considered a natural antiseptic for wounds and burns and a catalyst for faster healing due to its ability to get rid of a large percentage of bacteria that cover the wound, in addition to its ability to inhibit some enzymes responsible for breaking down proteins that are used in building tissues. 5- Studies have proven the effectiveness of manuka honey in significantly reducing blood cholesterol, which helps reduce the risk of heart disease and atherosclerosis in the [long run](#). 6- Manuka honey helps to improve and increase the rate of skin cell renewal, which gives the skin a natural freshness and helps it get rid of some types of pimples and blemishes that may bother some people. 7- Some recent experiments that were conducted in 2018 demonstrated the remarkable ability of Manuka honey - relative to other species - to stimulate some important immune cells that work to support the immune system and help improve the general health of the person, and this is a distinguishing element in the benefits of New Zealand [Manuka honey](#). 8- Improving the general health of the digestive system and helping it avoid common indigestion problems, in addition to its ability to protect the digestive system organs from infections and some harmful bacteria that may cause ulcers to appear. 9- Manuka honey is considered one of the best sources of energy for the body because it contains an appropriate amount of simple natural sugars that provide the body with the energy needed for it throughout the day, so many professional athletes rely on it as a natural type of stimulant in addition to its ability to reduce muscle fatigue that follows strenuous exercise. 10- Improving the general health of the teeth and helping to get rid of the bacteria accumulated between the teeth to avoid the appearance of holes and cracks in [the teeth](#).

Benefits of manuka honey for pregnant women

1- When pregnancy actually occurs, the immune system begins to enter a new level of activity to maintain the health of the mother's body during pregnancy as well as to preserve the health of the fetus, and some decline in the level of performance is expected. . From the immune system as a result of the stress on the body due to the formation of the fetus; This is where an important Manuka Honey product comes in, which is specifically designed to support immunity. These products can also be used in general to raise the body's immunity against viruses and [bacterial diseases](#). 2- The benefits of Manuka honey for women and pregnant women are not limited to health benefits only, but also include aesthetic benefits, through Manuka honey products that increase skin hydration and prevent stretch marks caused by a change in body size, and among these products it contains a lotion that is easy to put on the body and absorbs. Easily and leaves skin hydrated and smooth (Manuka Honey Moisturizers for [Skin](#) and Body). 3- Pregnant women are warned not to take any medicine during pregnancy except for extreme necessity and under the supervision of their doctor, as it may harm the health of the fetus. It is always better to use natural alternatives for as long as possible. Manuka honey for pregnant women is a great alternative to cough medicine for coughs and sore throats, as it soothes sore throats and soothes coughs (throat and mouth [health products](#)). 4- Studies have shown that manuka honey for pregnant women may be more effective and safe than antifungal preparations. As Candida fungi live naturally in the lining membranes of the wall of the mouth and the vagina and do not harm the body as long as its immunity is strong, but with weak immunity during pregnancy, Candida begins to form greasy white spots such as small ulcers in the wall of the mouth and vagina that cause pain and discomfort, especially if Massage as you eat. A mixture of manuka honey and yogurt has been shown to [soothe](#) and clear those pimples.

Benefits of Manuka honey in medicinal uses, skin and hair care

1- Helps to recover from wounds and burns. Recent studies have shown that applying manuka honey to burns, wounds, and skin ulcers helps fight infection at the site of the wound.

It also indicated that it promotes skin healing and shortens the time needed to heal wounds and burns compared to traditional dressings. 2- Strong Anti-Bacterial and Anti-Fungal Compared to other types of honey, [Manuka honey](#) contains high concentrations of MGO, which makes it more effective than other types of honey in eliminating bacteria and microbes. 3 - Ideal for skincare and skin. Manuka honey contains anti-inflammatory that helps treat skin infections and eczema, in addition to containing vitamins, minerals, and antioxidants that contribute to the prevention of [acne](#) and delay the appearance of skin wrinkles and signs of aging. 4- Helps prevent gum disease. Manuka honey reduces the formation of tartar on the teeth. Which helps prevent infections and gum disease and contributes to oral health. 5- Manuka honey is useful for cancer patients. Some studies have been conducted showing that [Manuka honey](#) protects against esophageal infections that affect cancer patients as a result of exposure to radiation and chemotherapy. 6- Why is manuka honey used as an antibiotic? There are some cases in which the body resists certain types of antibiotics, and at that time it may fall into a dilemma and difficulty in recovery, so some doctors have indicated the possibility of using Manuka honey for healing in those cases and that it is considered an effective antibiotic. 7- Manuka honey treats digestive problems. Manuka honey helps balance bacteria in the intestines, which contributes to protecting the colon and is used as an antibiotic in some cases, such as treating stomach germs with manuka honey. 8- Manuka honey contributes to the treatment of high cholesterol. 9 - a quick source of energy in the body. 10- Useful for diabetics. Manuka honey helps treat cases of low blood sugar levels. If you take a spoonful of Manuka honey, you will notice a rapid rise in your blood sugar levels. 11- Useful for hair because it treats split ends and split ends, and there is no harm in adding a little manuka honey to your shampoo, or you can buy hair products that contain manuka honey such as pure conditioner.



Cosmetic benefits and their effect on acne

Manuka honey can improve the appearance of your skin. It can balance your skin's pH level and help get rid of dead cell debris to keep your skin clean. Its anti-inflammatory effect can reduce the topical inflammation caused by acne. As an antibacterial, [manuka honey](#) leaves fewer bacteria to infect pores and cause acne. This honey can heal existing pimples as well. Low pH speeds up acne healing.

Moisturizing the skin with manuka honey products

skin Moisturizing: [Renove Vee](#) Tox Bee [Venom Mask](#) is made with Manuka honey to provide your skin with the natural moisture your skin needs every day to help fill in the look of wrinkles and make your skin look smoother. Anti-aging skincare: pure bee venom stimulates elastin production BEST MANUKA HONEY: [Vee Tox](#) uses the highest grade of pure Manuka Honey (Active 15) that moisturizes and nourishes Day and Night Cream: This rich, non-greasy cream provides your skin with the daily hydration it needs for all skin types. Use daily to

benefit from its anti-aging properties for [naturally smoother](#), younger-looking skin ALL NATURAL FORMULA - Made with the purest organic and [natural ingredients](#), we've ensured this formula is free of parabens, phthalates, and other harmful chemicals found in most [skincare](#) products such as phenoxyethanol and sodium benzoate.



Nature's greatest gift to support everyday wellness

THE ORIGINAL MANUKA HONEY: With its medicinal properties and health benefits, Manukura UMF 20+ / [MGO 850+](#), Non-GMO Manuka Honey is nature's greatest gift to support everyday wellness. This natural honey comes in a well-deserved gift box, making it the perfect gift for yourself or someone special. UMF & MGO Certified: Manukora is an authorized member of the UMF Association, the only independent organization that verifies the purity and quality of Manuka honey products. PREMIUM QUALITY: All of our [raw manuka honey](#) is produced in a HACCP certified honey facility in New Zealand. We operate an industry-leading tracking system that allows you to trace your product from cell to cell. This unique identification system provides you with the test results and origin of each product and ensures that every Manukora product you receive is authentic. OPTIMAL HEALTH SUPPORT: UMF 20+/MGO 850+ Manuka Honey is extremely rare. It is

seasonally certified and sourced from a small selection of remote locations that provide the purest manuka honey. This raw, non-GMO honey is very dark and has a bold flavor. Customers use this product in a variety of ways ranging from meals and juices to skin and wound care applications. Certified to contain at least 850 mg/kg food grade methylglyoxal. Manuka Experts: Manukora produces a range of natural, non-GMO Manuka-based products with a focus on multifunctional benefits and quality ingredients. We offer you a variety of Mānuka options to improve your health and make you feel nourished, engaged, and supported because of our relentless commitment to helping you get the most out of your day.



In conclusion, Manuka honey is unique honey, and the most prominent feature of it is its effect on the treatment and healing of wounds. Manuka honey also has antibacterial, antiviral, and anti-inflammatory properties that may help treat many ailments, including irritable bowel syndrome, stomach ulcers, gum disease, and upper respiratory infections, and many cosmetics are extracted from it.

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